



Department of Psychology  
The University of Hong Kong

香港大學心理學系

## Departmental Seminar

### Digital Well-being: Investigation of Its Conceptual Network Dynamics and Behavioral Determinants

11:00a.m. – 12:00noon | July 25, 2025 (Friday)

Rm 705, 7/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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#### Abstract

In the digital age, there is an emerging area of research focusing on digital well-being (DWB), yet robust conceptual frameworks and empirical evidence on this novel construct are lacking. Two independent studies were conducted to address this gap by investigating DWB as a dynamic, multidimensional construct. First, a three-wave panel network analysis was conducted. This longitudinal study aimed to map the core psychological structure of DWB, distinguish it from general mental health constructs, and examine its temporal relationship with psychopathology and the influence of protective/risk factors over time. A lab-based experiment was then conducted, testing the causal impact of internet engagement on DWB. Participants were randomly assigned to tasks aligning distinct motivational needs to assess their immediate effects on the dimensions of DWB validated in the first study. Together, this dual-method approach provides both structural and causal evidence to build a more nuanced, theory-driven understanding of well-being in digital contexts. Key findings, potential implications, research caveats, and future directions will be discussed in further detail.

#### About the Speaker

Si Chen is an MPhil candidate under the supervision of Professor Cecilia Cheng at the Cyberpsychology and Resilience Enhancement (CARE) Lab. Si's research focuses primarily on well-being in digital contexts, with particular interest in how online experiences shape psychological resilience, identity, and emotional health.

#### Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/6985555998?pwd=V05yTGJWNTIzazd2OFZ0Q3FRcHVkdz09>

Meeting ID: 698 555 5998 | Password: Psyc

~All are Welcome~

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